

Self Care & Wellness Planner

This Book Belongs To

Self Care Planner

MONTH:

YEAR:

MY TOP PRIORITIES

GOALS FOR MY MIND:









GOALS FOR MY BODY:









REMINDER

MY NOTE

Self Care Journal

MONTH:

YEAR:

AFFIRMATIONS

I'M PROUD OF MY...

I'M GRATEFUL FOR...

NOTE TO SELF:

Self-care Tracker

Morning Tasks	S	M	T	W	T	F	S

Evening Tasks	S	M	T	W	T	F	S

Habits To Keep	Habits To Eliminate
• • • • •	• • • • •

Self-care Intention

Physical Self-care

Emotional Self-care

Spiritual Self-care

Intellectual Self-care

Social Self-care

Environmental Self-care

Subject Notes

-
-
-

Self-Care Bucketlist

Date: S M T W T F S

My List	Goals	

Notes

Self Care Journey

MONTH:

YEAR:

ACTS OF SELF-CARE

AFFIRMATION

- ☐
- ☐
- ☐
- ☐

TODAY'S MOOD



I'M GRATEFUL FOR

INSPIRATION:

.....

.....

Self Care Intention

MONTH:

YEAR:

PHYSICAL SELF CARE

.....

.....

.....

.....

EMOTIONAL SELF CARE

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SPIRITUAL SELF CARE

.....

.....

.....

.....

SOCIAL SELF CARE

.....

.....

.....

.....

NOTE TO SELF:

Self Care Assessment

1. 2. 3. ★ Psychological/Emotional Self-Care

☐☐☐☐

Participate in hobbies

☐☐☐☐

Go on vacations or day-trips

☐☐☐☐

Find reasons to laugh

☐☐☐☐

Talk about my problems

☐☐☐☐

Learn new things, unrelated to work or school

1. 2. 3. ★ Social Self-Care

☐☐☐☐

Spend time with people who I like

☐☐☐☐

Meet new people

☐☐☐☐

Overall social self-care

☐☐☐☐

Keep in touch with old friends

☐☐☐☐

Ask others for help, when needed



Self Care Checklist

A vertical list of 11 self-care activities inside a rounded rectangle. The activities are: Make Bed, Wash Face, Brush Teeth, Go Outside, Workout, Clean Up, Shower, Take Vitamins, Meditate, Drink Water, Sleep Early, and Do Skincare. Each activity is preceded by a small blue square icon.

- Make Bed
- Wash Face
- Brush Teeth
- Go Outside
- Workout
- Clean Up
- Shower
- Take Vitamins
- Meditate
- Drink Water
- Sleep Early
- Do Skincare

[illegible]

30 Day Self-Care Challenges

☐ Stretch all your muscles	☐ Drink more water	☐ Go for a walk in nature	☐ Eat your favorite treat	☐ Go to bed early
☐ Listen to favorite song	☐ Eat vegetarian meals	☐ Take a nice bubble bath	☐ Cook your favorite meal	☐ Practice yoga
☐ Go on a solo date	☐ Journaling	☐ Give yourself a facial	☐ Practice gratitude	☐ Try a DIY Project
☐ Watch the sunrise	☐ Read a book	☐ Explore a new city	☐ Watch your favorite movie	☐ Give yourself a manicure
☐ Get some sunlight	☐ Start a new hobby	☐ Write out your goals	☐ Organize your closet	☐ Watch the sunset
☐ Give yourself a break	☐ Learn a new skill	☐ Create your ideal future	☐ Surround yourself with positivity	☐ Drink plenty of water

Gratitude Journal

DATE: _____

S M T W T F S

Today I'm grateful for







Today's Affirmation









Water Tracker



1L



2L



3L

Weather

Notes / reminders:

Something I'm proud of









Tomorrow I look forward to









My Wellness Planner

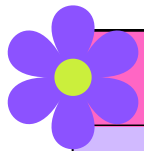


Date

Affirmation Words

Things to Do!

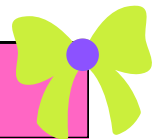
Mood



Notes



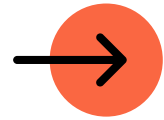
My Motivation



Water Tracking



Self-Care Plan



GOALS FOR MY MIND

▶
▶
▶
▶

GOALS FOR MY BODY

▶
▶
▶
▶

MIND

Mental health

Mindfulness and
self knowledge

Soul

Stimulation and
fulfillment

BODY

Self-care

Basic hygiene
and body care

Improvement

Exercise, sleep
and healthy food

GOOD RULES & HABITS I WANT TO LIVE BY



Wellness Journal

Date:

Week:

What do I feel at
this moment?

How can I improve
my well-being?

What should I do if I feel overwhelmed?

What am I thankful for right now?

Daily Self-Care Planner

Things to do

[illegible]

Daily Affirmation

Ideas to Try

[illegible]

I'm grateful for

Notes to Self

[illegible]

Weekly Self-Care

WEEK:

MONTH:

Physical Self-care

S M T W T F S

Happy skincare routine

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Take a warm and long bath

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Eat healthy meals

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Go for a walk outside

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Have a cup of herbal tea

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Mental Self-care

S M T W T F S

Practice mindfulness

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Listen to favorite music

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Play some video games

☐	☐	☐	☐	☐	☐	☐
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Read a good book

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Listen to Podcast

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Note and Self Reflection:

Monthly Self Care Plan January

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FR

SAT

SUN

Monthly Self Care Plan February

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FR

SAT

SUN

March

NOTES

SUN

Monthly Self Care Plan

April

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FRI

SAT

SUN

Monthly Self Care Plan

May

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FRI

SAT

SUN

Monthly Self Care Plan

June

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FRI

SAT

SUN

Monthly Self Care Plan

July

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FRI

SAT

SUN

August

NOTES

SUN

Monthly Self Care Plan September

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FRI

SAT

SUN

Monthly Self Care Plan November

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FRI

SAT

SUN

Monthly Self Care Plan December

MY PHYSICAL ACTIVITIES

NOTES

MON

TUE

WED

THU

FRI

SAT

SUN

My Self-care Gratitude

Date:

What makes you feel grateful today?

Affirmation











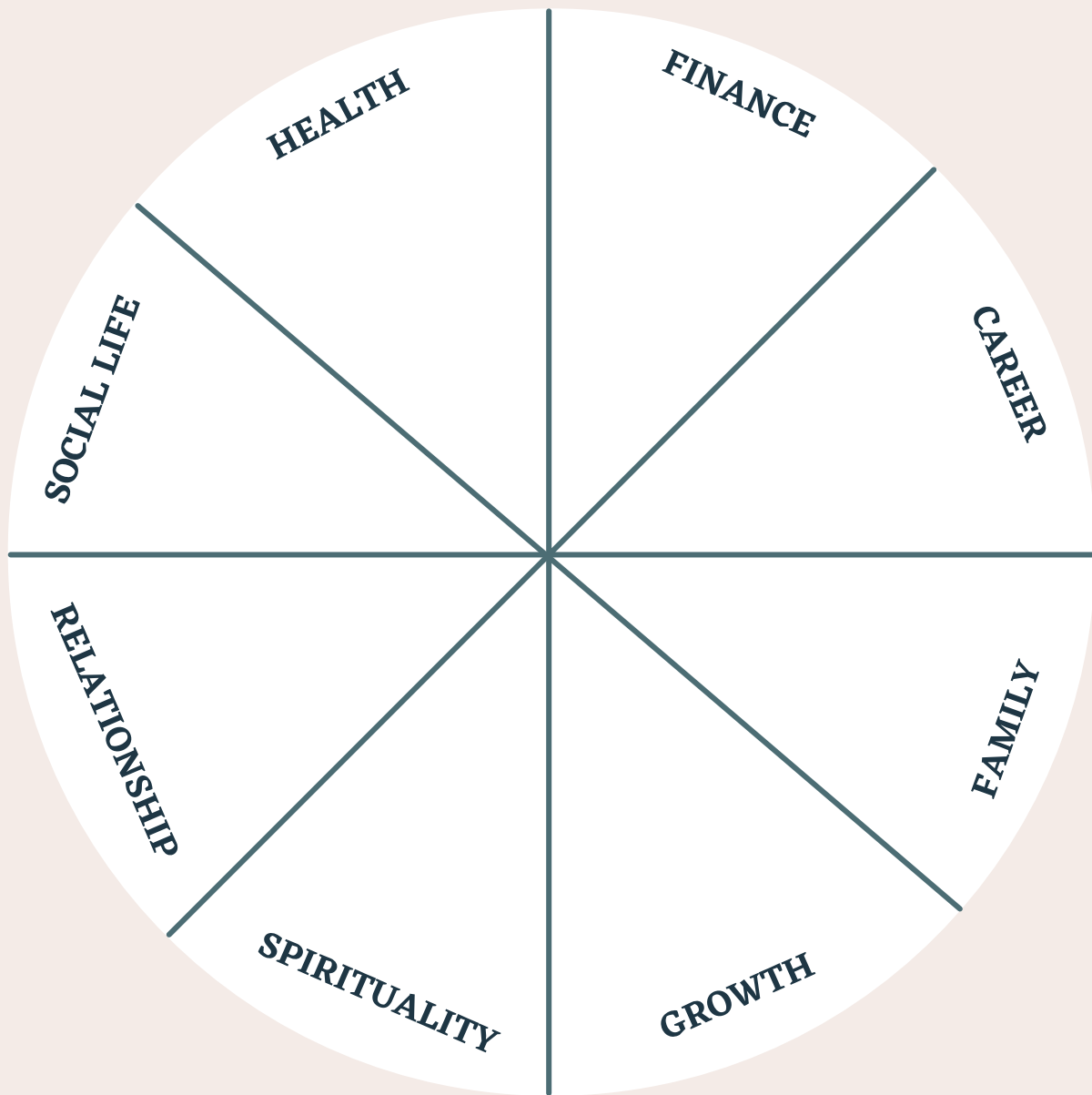
Note

Today's Quote

WHEEL OF LIFE

Assess Your Life

Assess your level of full for each theseoreas on a scale from
the wheel of life



Date:

Night Rituals

[illegible]

Self-care Reflection

Date:

When am I at my best?

Where do I feel safest?

Who gives me comfort?

What makes me feel happy?



Self Care Day



LIGHT SOME SCENTED CANDLES
AND PLAY A RELAXING
PLAYLIST.



TURN THE RELAX
VIBES ON

THINK ABOUT YOUR LAST 24 HOUR
AND WRITE DOWN AT LEAST ONE
THING THAT WENT PRETTY WELL



REFLECT ON
THE DAY

CHOOSE YOUR NEXT DAY OUTFIT,
GET YOUR BAG READY AND LEAVE
YOUR BREAKFAST PRE-READY



ORGANIZE FOR
TOMORROW

YOU CAN MEDITATE, PRAY, MAKE
DECLARATIONS, OR MIX, ALL OF
THEM PRE-READY



CONNECT WITH
THE UNIVERSE

THIS WILL HELP YOU SLOW DOWN
EVEN MORE AND TAKE YOUR MIND
AWAY, GETTING YOUR BODY
READY TO SLEEP



UNWIND WITH
A BOOK

Self-Care *Activities* Planner

Date: _____

M T W T F S S

Mood



*Be gentle with
yourself.*

I am Grateful For

My Schedule

Note For Today

SKIN CARE

Planner Routine

MORNING

- CLEANSER ●
- TONER ●
- MOISTURIZER ●
- SUNSCREEN ●
- SERUM ●
- FACE MIST ●

EVENING

- CLEANSER ●
- EXFOLIATER ●
- FACE MASK ●
- TONER ●
- EYE SERUM ●
- SLEEP MASK ●

PRODUCT TO BUY

-
-
-
-
-
-

NOTES

Self-Care GOALS

S M T W T F S

What does self care mean to me?

What is the purpose behind my self care goals?

What motivates me to achieve them?

Habits to start

Habits to stop

Pamper Routine

Physical Self Care

s m t w t f s

Emotional Self Care

s m t w t f s

Notes

Smart Goals



Specific



Measureable



Attainable



Relevant



Time-based

Mental Need

Affirmation

Project Task

Boundaries

- ☐ Saying no when you'd rather not do something
- ☐ Not volunteering for extra work
- ☐ Communicating needs directly to others

Cognitive Abilities

- ☐ Learning something new
- ☐ Playing brain games to improve concentration
- ☐ Reading

therapy



Take a Break

Yoga Preparation Checklist

details

Class Name :

Address/Phone :

Practice Schedule :

Coach :

Morning Routine

- ☐ Take a shower before class
- ☐ Skip the perfumes
- ☐ Skip the scented lotion
- ☐ Avoid eating before class
- ☐ Leave your shoes at the door
- ☐ Sign in and pay before class
- ☐ Practice seriously
- ☐ Stay calm

Remember!

Happy Schedule

Morning Routine

- ☐ Wake up on time
- ☐ Stay away from social media
- ☐ Record positive affirmation
- ☐ Exercise for 30 minutes
- ☐ Shower
- ☐ Eat a nutritious breakfast

goals



Personal Time

Mindful Awareness



Monthly Action

jan-mar

S	M	T	W	T	F	S

Self-Care Action

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

apr-jun

S	M	T	W	T	F	S

Self-Care Action

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Physical Need

health care

Annual Check-up for a month

1

2

3

4

5

Health Issue

Doctor's Note

Sleep

1

2

3

4

5

1

2

3

4

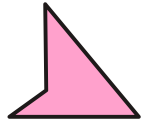
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Nutrition

Breakfast

Lunch

Dinner



16-DAY SELF-CARE Challenge!

take a
day off

try yoga or
meditation

read a new
book

eat more
healthy food

do a quick
workout

turn off
notification

quick walk
with pet

cycling
around town

practice
gratitude

make a new
routine

try to find
new hobby

write a
journal

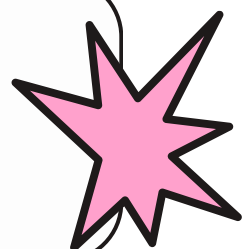
clean your
room

make new
friends

walk in the
nature

do skincare
routine

NOTES:



Weekly Self-care Checklist



Month

Week

S M T W T F S

The diagram consists of 10 horizontal bars arranged vertically. The bars alternate in color: pink, yellow, pink, yellow, pink, yellow, pink, yellow, pink, yellow. Each bar contains 7 blue circles. The circles are positioned at regular intervals along the right side of each bar. The bars are of equal length and are separated by small gaps.



Month:

Bingo Self-care * Challenge! *

take a
day off

try yoga or
meditation

read a new
book

eat more
healthy food

do a quick
workout

turn off
notification

quick walk
with pet

cycling around
town

practice
gratitude

make a new
routine

try to find
new hobby

write a
journal

clean your
room

make new
friends

walk in the
nature

examine
your daily

Self-Care Note

Things To Do When I'm Sad

Things To Do When I'm Bored

Favorite Books

-
-
-

Favorite Songs

-
-
-

Things I'm Looking Forward To

Mood Tracker

DAY	EMOTION	WHAT HAPPENED?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

Personal Self Care Goal Plan

GOAL			
START DATE		DUE	
ACTION STEPS			
●		●	
●		●	
●		●	
●		●	
●		●	
●		●	
REWARD			

Medication Tracker

DESCRIPTION		DOSAGE	
I TAKE IT FOR		START DATE	

DAY	WEEKDAY	BREAKFAST	LUNCH	DINNER	BEDTIME	NOTES
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

28 Days Challenge to Self-Care Yourself

Practice breathing exercise

Create a vision board

Make a fun activity plan

Write a dream journal

Hang out with your best friends

Volunteer at a shelter

Write a gratitude list

Plan a healthy meal

Do a fun activity

Practice a favorite hobby

Meditate and do yoga

Play with your pet

Have a bubble bath

Cook your favorite dish

Read your favorite novel

Learn a new language

Do yoga in the morning

Listen to your favorite music

Track your positive habits

Write a story in your journal

Drink 8 glasses of water

Go for a late night walk

Avoid social media all day

Go to bed before midnight

Take a rest for a while and challenge yourself to be more caring for your own body, mind, and soul.

Wellness Planner

15-Day Challenge

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Self Love Journal

S M T W T F S

DATE:



Productive Activities

- _____
- _____
- _____
- _____
- _____
- _____

Things I'm Grateful For

Note To Self

Reminder

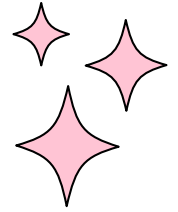
Self Love Checklist

S M T W T F S

DATE:

[illegible]

My Personal Gratitude List



THINGS I'M GRATEFUL FOR

01

02

03

04

05

06

07

08

09

10

MY AFFIRMATION

MY PERSONAL NOTE

16-DAY SELF-CARE Challenge!

take a day off	try yoga or meditation	read a new book	eat more healthy food
do a quick workout	turn off notification	quick walk with pet	cycling around town
practice gratitude	make a new routine	try to find a new hobby	write a journal
clean your room	make new friends	walk in nature	do skincare routine

NOTES:

Daily Reflection

Reminder

List of Affirmations

What is your biggest goal?

How can you achieve



Self Care

CHECKLIST

	M	T	W	T	F	S	S
Meditate for 10 min	☐	☐	☐	☐	☐	☐	☐
Deep breathing	☐	☐	☐	☐	☐	☐	☐
Walk for at least 15 min	☐	☐	☐	☐	☐	☐	☐
Talk to friends	☐	☐	☐	☐	☐	☐	☐
Journal for 15 min	☐	☐	☐	☐	☐	☐	☐
Listen to a podcast or read a book	☐	☐	☐	☐	☐	☐	☐
Exercise or run for 30 min	☐	☐	☐	☐	☐	☐	☐
Healthy diet	☐	☐	☐	☐	☐	☐	☐
Take vitamins	☐	☐	☐	☐	☐	☐	☐
No technology 30 min before bedtime	☐	☐	☐	☐	☐	☐	☐
7-8 hours of sleep	☐	☐	☐	☐	☐	☐	☐

NOTES

My Self-care Checklist

[illegible]

20-DAY SELF-CARE CHECKLIST

DAY	TASK	DONE
01	Enjoy a healthy breakfast	☐
02	Take a 30-minute walk	☐
03	Meditate for 15 minutes	☐
04	Read a book for 30 minutes	☐
05	Write down 3 things you're grateful for	☐
06	Call a friend or family member	☐
07	Stretch for 15 minutes	☐
08	Drink 8 glasses of water	☐
09	Create a relaxing bedtime routine	☐
10	Listen to calming music	☐
11	Declutter your living space	☐
12	Cook a healthy meal	☐
13	Treat yourself to a relaxing bath or shower	☐
14	Set goals for the week ahead	☐
15	Practice deep breathing	☐
16	Write in a journal	☐
17	Spend 30 minutes in nature	☐
18	Listen to a podcast or inspirational talk	☐
19	Practice yoga or exercise	☐
20	Compliment yourself	☐

T o - D o L i s t

[illegible]

Notes